



**Trinity School For Seniors**  
*Companionship through Learning*  
**For the over 60's**

3-19 July 2018

**New Students Welcome**  
 A \$2 donation to be paid to  
 Tutor on arrival to each class

There are no formal enrolments for Winter School and this enables students the freedom to join in with classes of their choice. Our tutors are volunteering their time, but we do ask for a **\$2 donation per class**. The money we raise during Winter School will be used to purchase much needed resources for all of our school community to use and enjoy. There is a wide variety of activities to suit everyone and new students are welcome, so it's a great time to introduce a friend to TSFS! Please note: **Booking is required for some workshops**, such as the Tuesday Movies and the Thursday Talks (for catering purposes) or other classes (due to limited seats).

## TUESDAY CLASSES

### Origami — Bring the Grandkids!

*George Ho* 9:30am—11:00am  
*Trinity Main Hall*

Come by yourself, bring the grandkids or a friend and discover the wonders of Origami—the art of paper folding. Learn the techniques to transform a piece of paper into an interesting object, for example a flower, bird or a fish. Improves hand-eye coordination and fine motor skills. *Materials provided, no previous experience necessary. Bring a carry bag to take your models home.*

### Ukulele

*Joe Wisniewski* 10.30am—11.30am  
*Betty Creagh Lounge*

This class is for Ukulele players of all levels. Continuing students and new students. Come and join in a time of fun playing and singing along. All are welcome.

### Theatrical Dance for Beginners

*Satima Flavell* 9:30am—10:30am  
*Betty Creagh Lounge*

Theatrical Dance covers classical and jazz ballet, contemporary dance, musical theatre as well as folk and ballroom dancing that is adapted to the stage. Designed for adults keen to refresh their interest and expertise in this field.

*No previous dance experience needed!*  
*Theatrical dance clothing list available from Reception.*

### Balloon Twisting

*Joe Wisniewski* 12:00pm—1:00pm  
*Trinity Main Hall*

Come and learn how to make animals, flowers, swords and other things with balloons to entertain the grandkids, or better yet bring the grandkids along with you to learn together!

*Balloons will be supplied.*



### Spilling the Ink

*Jann-Angeline Rose* 12:30pm—2:00pm  
*Betty Creagh Lounge*

An informal session to explore your creativity with poetry or free verse. Bring pen and paper to work with prompts.





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## TUESDAY MOVIES

# Movies and Morning Tea

*Book your seat in advance with Reception  
 for catering purposes*

10:00am—12:30pm  
 Queen's Main Hall



### TUESDAY 3 JULY

**Julie & Julia (2009)**

The film contrasts the life of chef Julia Child in the early years of her culinary career with the life of young New Yorker Julie Powell, who aspires to cook all 524 recipes in Child's cookbook in 365 days.

[Click to view trailer](#)



### TUESDAY 10 JULY

**The Book Thief (2013)**

The film is about a young girl living with her adoptive German family during the Nazi era. Taught to read by her kind-hearted foster father, the girl begins "borrowing" books and sharing them with the Jewish refugee being sheltered by her foster parents in their home.

[Click to view trailer](#)



### TUESDAY 17 JULY

**Philomena (2013)**

Based on the book *The Lost Child of Philomena Lee*, it tells the true story of Philomena Lee's 50-year search for her forcibly adopted son and journalist Sixsmith's efforts to help her find him.

[Click to view trailer](#)



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## WEDNESDAY CLASSES

### Handcrafts

*Faye Etherington* 9:00am—12:00pm  
*Trinity Main Hall*

Come and join a friendly handcraft group. Whether it be patchwork, embroidering, knitting, quilting or something special that you are currently working on, bring it along to this relaxed and social group.

### Life Drawing

*Jim Larkins* 10:00am—12:30pm  
*Trinity Main Hall*

An opportunity to draw life models. Bring your own paper and drawing materials (pencils or charcoal).

*Book a place at Reception, limited space available.*

### Tapping for Life

*Jan Hooker* 10:00am—11:00am  
*Betty Creagh Lounge*

Looking to have fun and exercise? Tapping for Life is for you. This basic introductory class to tap dancing is designed to share the benefits of tap dancing and learn some new skills.

Requirements:

- Comfortable clothing.
- Leather or soft soled shoes.  
(No steel taps allowed—it will be soft shoe shuffle)
- Sense of humour.

### Theatrical Dance for Beginners

*Satima Flavell* 11:00am—12:00pm  
*Betty Creagh Lounge*

Theatrical Dance covers classical and jazz ballet, contemporary dance, musical theatre as well as folk and ballroom dancing that is adapted to the stage. Designed for adults keen to refresh their interest and expertise in this field.

*No previous dance experience needed!*

*Theatrical dance clothing list available from Reception.*



### Oriental Brush Painting for Beginners

*Beata Fung* 1:00pm-3:00pm  
*Trinity Main Hall*

This class is for Beginners: Learn the basic differences on popular kinds of paper, brushes, strokes, inks and paints. Learn how to appreciate Oriental painting by producing artwork with bamboo, flowers, birds, vegetables and landscapes. Materials will be supplied.



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## THURSDAY CLASSES

### Finishing Time

*John Ballard* 9:00am—3:00pm  
*Trinity Main Hall*

Would you like more time to finish off your painting? If so, then this is the class for you. Come and use the space and take the time to sit with fellow artists.

*Note: No tutor present / Other classes will be running during this time so this will be a quiet painting session. Drop in to work on your artwork anytime between 9am and 3pm.*

### Games Morning

*Daphne Davies* 10:00am—2:30pm  
*Trinity Lunch Room*

Feel like playing some games with friends? Team up with Daphne in the lunchroom to play scrabble, Numero, French scrabble and the card game Rummy King, or bring your own game. Students are welcome to come part way through games session and there is no need to remain present for the entire duration.

### Cryptic Crosswords

*Edward Reeves* 10:00am—12:00pm  
*Betty Creagh Lounge*

Come along to solve cryptic crossword puzzles as a group. Learn about the history of Cryptic Crossword puzzles, the parts of a cryptic clue and types of cryptic clues with examples. More puzzles to solve at home and discuss solutions the following week. Students need to bring paper, pen, pencil, eraser and a switched-on brain, if possible.

### History Alive

*Suzie King* 1:00pm—2:30pm  
*Betty Creagh Lounge*

#### Colonialism and Empire

Such was the desire among European nations to acquire an empire that Australia might have been a Portuguese, Dutch or French colony rather than British. Today 'colonialism' is almost a dirty word but this is a relatively recent phenomenon. In the past, the extent of a nation's empire was a sign of its power and status on the world stage.

Why did countries decide, and consider it perfectly acceptable, to take over other lands? What were some of the consequences of colonisation? This Winter School will examine the causes and consequences of colonialism using three completely different and contrasting examples:-

The Roman Empire, The Spanish Empire and The British Empire.

**Book a place at Reception**, limited space available.

### Felting

*Sherron Wake* 12:00pm-3:00pm  
*Trinity Main Hall*

Learn how to felt with merino wool. For new students it is essential to do lesson 1 to be able to continue on to lesson 2 and 3. Information and Materials list available at Reception. **Book a place at Reception**—class limited to 10 students only.

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 Complimentary Morning Tea  
 Served at conclusion of each talk

## THURSDAY TALKS

### **Contemplating the Golden Years**

*Interactive Workshop with Sophia Lizares*  
 Cost \$2 donation at the door

**5 July 2018**

9:30am-12:30pm  
 Queen's Main Hall

Taking wisdom from the Christian tradition, this course seeks to explore the paths of ageing and elderhood. Participants will be invited to reflect on the emotional and spiritual dimensions of being older in Australia and the wider sacred world around us. Themes cover: "Contemplating the Ageing Self : Stories and Questions about the Journey", "Ageing as Initiation, Transformation and Revelation", and "The Call to Elderhood". The course will engage participants in brief lectures, meditation, and mixed-media journaling. **Book a place at Reception.**

### **The Importance of Historical Fiction in Bringing History to a Wider Audience**

*With Linda J Bettenay*  
 Cost \$2 donation at the door

**12 July 2018**

10:00am-12:30pm  
 Queen's Main Hall

Linda is a West Australian author from the Perth Hills who has a real story to tell. She is passionate about sharing and getting others to write their own Australian stories and explains how she uses historical fact to weave historical fiction. She is not only a gifted storyteller, but an inspirational and entertaining speaker. **Book a place at Reception.** Linda will also have her books; 'The Apple Core Wars', 'Secrets Mothers Keep' and 'Wishes for Starlight' on sale for \$25 each after her.

### **Basic First Aid and Resuscitation**

Cost \$5 per person  
 Reservations to be made at TSFS Reception

**19 July 2018**

10:00am-12:30pm  
 Queen's Main Hall

Back by popular demand, this course is run by Surf Life Saving WA and includes the following topics amongst others:

- Casualty assessment.
- Emergency action principals DRSABCD and basic CPR
- Unpacking and applying a defibrillator
- Cardiac arrest
- Basic knowledge (bites, stings, sprains and strains)

All attendees receive an Emergency Handbook to take home.

**Book a place at Reception.**

